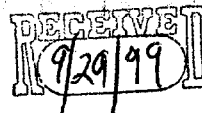




0797



Office of Special Nutritionals
HFS-450
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW
Washington DC 20204

Statement of Nutritional Support – HERBRELEX

Pursuant to 21 CFR Part 101.93, American Specialty Health and Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as HERBRELEX

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Drive, Suite 250, San Diego, CA 92108.

2) Text of Nutritional Support Statement being made:
"HerbRelax contains a blend of B vitamins and herbs specially formulated to support emotional well being and a relaxing and calming effect."

3) Name of dietary ingredient: See attached product label.

4) Brand Name: HERBRELEX

5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Sr. Vice President.

Yours truly,

A handwritten signature in dark ink, appearing to read "Doug Metz". The signature is fluid and cursive.

Dr. Doug Metz
Sr. Vice President

97S-0162

67387
LET 4456

Directions For Use: Take 1 capsule, 3 times daily, preferably with food.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. If you have elevated blood pressure or hypertension, do not use this product without first consulting your physician. Do not use for extended periods of time. Possible side effects of St. John's Wort are headache, stiff neck, nausea and blistering after sun exposure. If using a prescription anti-depressant consult a physician before using this product.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY™ HEALTH & WELLNESS,
PO BOX 509040, SAN DIEGO, CA 92150-9040

www.buyhealthy.com

1999 R/O

Item # 40149



HERBRELAX

DIETARY SUPPLEMENT



60 CAPSULES

Premium Products for Your Health & Wellness

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving: %Daily Value		
Thiamin (as Thiamin HCl)	250 mcg.	17%
Riboflavin (Vitamin B-2)	284 mcg.	17%
Niacin (as Niacinamide)	3 mg.	17%
Vitamin B-6 (as pyridoxine HCl)	330 mcg.	17%
Vitamin B-12 (as cyanocobalamin)	1 mcg.	17%
St. John's Wort, dried extract (Hypericum perforatum stem, leaf, fruit, 0.3% dianthrone measured as hypericin)	300 mg.	*
Skullcap (Scutellaria lateriflora stem, leaf, fruit)	100 mg.	*
Korean Ginseng, dried extract (Panax ginseng root)	33 mg.	*
L-5 Hydroxytryptophan (from Griffonia simplicifolia bean)	3 mg.	*
*Daily Value not established.		

Other Ingredients: Gelatin, Millet, Magnesium stearate.

Double safety sealed with a printed outer shrink-wrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing.